

Inside



Read the Team Hickam History column featuring events that happened this week on base in the past including the Pacific splashdown of the Apollo XI on July 24, 1969.

B3

Education

Central Michigan University — Offers a 36 credit hour Master of Science in Administration degree with concentrations in: General Admin, Health Service Admin, Human Resource Admin, Leadership, and Public Administration. Call 422-6118 or email tanne.lam@cmic.edu for more information or to register.

Free SAT/ACT test prep software to military — In honor of America's military families, eKnowledge Corporation has made a generous \$25 million donation to supply free SAT/ACT test prep software worth \$200 to active duty, reserve, retired, guard, and their families. Eligible recipients may order software at www.eKnowledge.com/military. For more information please contact Lori Caputo at 770-992-0900 or at LoriCaputo@eKnowledge.com.

CCAF cutoff date for fall diploma printing — To be considered part of the CCAF April class, CCAF must receive all documentation (official transcripts) for degree candidate submissions by Aug. 28. This is for diplomas to be printed in October. Hickam's annual CCAF graduation ceremony will be in May 2010. Questions about CCAF contact Mr. Smith at timothy.smith2@hickam.af.mil or call 449-6363 x221.

POST 9/11 GI Bill Yellow Ribbon Program — Hawaii Pacific University is officially a participant of the VA Yellow Ribbon Program. Program details can be found at www.hpu.edu under Military Campus Programs, or stop by our office in Hangar 2. POC is Force Development Flight at 15mss.dpe@hickam.af.mil.

PME enrollment validation for 14 (SNCO DL), 20 (SOS DL) and FIRE-FIGHTER CDCs is INOPERATIVE — E-mail auecampussupport@maxwell.af.mil to request validation. Include your name, last 4 of SSN and number and title of your course. You will receive an e-mail reply upon completion of course validation. Create an account within AU online at <https://au.csd.disa.mil> if not already done. E-mail 15mss.dpe@hickam.af.mil if you need to get scheduled for a test.

Drivers: Exercise Extreme Caution—It's Back-to-School time at Hickam

by 15th Mission Support Group and Hickam Elementary

HICKAM AIR FORCE BASE — With students heading back to school next week, Hickam Air Force Base is reminding drivers to use extreme caution as many students will be walking or riding their bikes to and from school.

Drivers can expect large numbers of students going to school beginning just before 7:00 a.m. and running through 8:00 a.m. After-school traffic will wind down after 3:30 p.m.

"I can't emphasize enough the importance of drivers to be on the lookout for children as they are walking or riding their bikes to school. There is always an adjustment period when classes resume," said Darren Dean, 15th Mission Support Group school liaison.

Drivers should also be aware that some bus routes and bus stops have changed

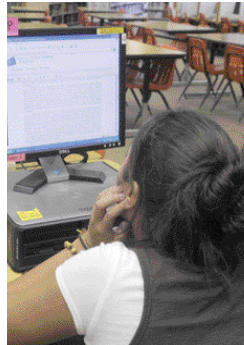


Photo by The Honolulu Advertiser

since last year.

There are many students who are new to Hickam AFB and are not familiar with the traffic patterns.

The best advice I can give is for drivers to slow down and give themselves more time to get to their destination. The extra time is certainly worth avoiding accidents," said Mr. Dean.

Parents and their students should map out the safest route to school together, including any alternate routes. Parents should discuss proper safety practices with their children including how to use crosswalks and proper bicycle safety.

Parents are encouraged to have children wear bright clothing to increase visibility for drivers.

Children should not walk to school wearing headphones or playing portable video games because this makes it difficult for them to hear the traffic around them.

Safety Priority During School Time

Submitted by the 15th Airlift Wing Safety Office

HICKAM AIR FORCE BASE — With the first day of school rapidly approaching, nothing is more important to Team Hickam Leadership than the safety of our keiki. This

article specifically addresses the comings and goings of our young ohana — our Hickam, Mokulele, and Nimitz Elementary school students.

If you transport your children to and from the schools, you have seen that it's not as simple as "stop and go." Each school has designated drop off/pick up locations: Hickam Elementary utilizes the front of the

school on Manzelman Circle; Mokulele Elementary students should use Aupaka Street; and the circle in front of Nimitz Elementary is the designated drop off/pick up location.

Please note the following important procedures and mahalo for keeping our children safe!

Vehicle operation and parking:

- No parking or stopping on Julian Way
- Do not make illegal U-Turns in any roadway
- Drop-off/pick-up students at the designated curb - wait in the designated waiting zone
- Do not park (or stand) within 15' of any stop sign or yield sign
- Do not park (or stand) within 4' of any parking area entrance or exit (i.e. driveway)
- Do not park (or stand) within 15' of any intersection or corner

Crosswalks:

- Vehicles must not be parked within 20' of a crosswalk
- When vehicles are parked in crosswalk, bicyclists and

pedestrians have to jaywalk to cross the street

- When vehicles are parked too close to the cross walk, other drivers cannot see children walking on the obscured crosswalk

Bicycle rider safety:

- Stop at intersections
- Cross the street ONLY at established crosswalks
- Walk bicycles across the crosswalk; do not ride
- Avoid weaving in and out of traffic
- In a group, ride single file instead of side-by-side
- Always ride at a safe speed
- Wear a properly fastened helmet
- On school property, walk the bike to and from the bike rack

WARRIOR of the week

by Chris Aguinaldo
Hickam Kukini editor

HICKAM AIR FORCE BASE — Team Hickam's Warrior of the Week Tech. Sgt. Aaron R. Leshner proudly carries on a family heritage!

The 15th Security Forces Squadron member joined the service "to continue the tradition of a third generation Air Force family. My grandfather served in the Army Air Corps during World War II and my father served as an Air Policeman during the Viet Nam conflict."

Sergeant Leshner sees his fair share of action here at Hickam AFB as the Non Commissioned Officer in Charge of Security Forces Police Services. — and has found success, said his commander.

"Sergeant Leshner was recently thrust into the unit's toughest position — a position normally held by a SNCO — after the original SNCO deployed," said Lt. Col. Raymund Tembreull.



Photo by Chris Aguinaldo

Tech. Sgt. Aaron R. Leshner of the 15th Security Forces Squadron possesses a 'professionalism and dedication should be emulated by all' according to his commander.

"The unit has flourished under his natural leadership and he has instilled discipline and a sense of readiness that set the stage for the day-to-day mission."

Colonel Tembreull reports that his defender "has quickly become the Wing's focal

point for the multitude of high-level visits Hickam hosts each month. Without fail he has brought the necessary responsiveness and sense of urgency needed to get the job done right ... the very first time!"

"Sergeant Leshner's profes-

sionalism and dedication should be emulated by all," Colonel Tembreull heartily shared.

Sergeant Leshner takes pride in being in SFS because it lets him "serve my country while doing what I love most ... being a cop!"

Being a cop also lets him interact with the public. "Helping and serving the community provides almost immediate job-related rewards," said the Pottsville, Pa. Native.

He'd like to see a greater community involvement regarding taking care of Team Hickam's rules and regulations.

In his immediate future, Sergeant Leshner will earn his CCAF in the next five months and hopes to complete a bachelors degree completed in the next two years.

"From the 5-10 year mark, I plan to still be involved in the law enforcement arena," he said.

Coming from a proud tradition of Airmen, he'd also like "for all to embrace our great Air Force as the most technical savvy, educated and professional institution on the planet."

Inside SERVICES

Bottom Fishing in Hickam Harbor

Let the staff at Outdoor Recreation help you improve your skills at bringing in the big one on Saturday, August 1 from 8 to 11:30 a.m. We provide the fishing gear, bait and boat, along with instructions. This trip is great for beginners as well as the seasoned veteran. The cost is \$35 per person and sign-up deadline is July 29. For more information, call Outdoor Recreation at 449-5215.

Spear Fishing 101 & 102

Start with the basics in Spear Fishing 101 at Pool #2, Saturday, August 1, from 9 a.m. to 12 p.m. Bring a mask, fins and snorkel, water, sunscreen and a towel. If you don't own snorkel gear, Hickam Outdoor Recreation Equipment Issue has it available for rent. The class is limited to 3-10 people. The cost is \$35 per person and the deadline to register is July 29. After completing Spear Fishing 101, the hunt is on as you try out newly learned skills in Spear Fishing 102, on Sunday, August 2, from 9 a.m. to 12 p.m. Bring your dive suit, spear fishing equipment, water, sunscreen and a towel. The \$35 tuition includes two guides and boat transportation. Completion of the Spear Fishing 101 course is required. Register by July 29. Call Outdoor Recreation at 449-5215 for more information.

Washer Tournament at Wild Wing Wednesday

Join the fun and play in the

Washer Tournament held on July 29 during J.R. Rockers Wild Wing Wednesday. Open play is from 5 to 6 p.m. and tournament play is from 6 to 8 p.m. Watch players throw large metal washers into holes on a wooden or carpeted surface. The cost is \$5 to enter the tournament. The event is open to ages 13 and up. Call the Enlisted Club for details at 448-2271, Ext. 227.

Youth Sports & Fitness Center has Open Gym and Clinics

The Youth Sports & Fitness Center has Kinder Open Gym (9-9:45 a.m.) on July 29th for ages 4 and below. The cost is \$4. Open Gym is for all ages on July 29 from 2-3:30 p.m. The cost is \$6 per person. Come play and have fun in a non-structured environment. The Kinder Clinic is on July 30 (9-10:30 a.m.) for ages 4 and below. Participants 2 and below must have parent participation. The cost is \$10 per child. Youth develop motor skills, and hand-eye coordination in a structured class. The Stunting Cheer Clinic is on July 30 (3-4:30 p.m.) for youth age 5 and above. The cost is \$10 for Youth Club members, \$15 non-members. Youth will learn to fly and base. The Late Night Tumbling Clinic is on July 31 (6-9 p.m.) for youth ages 5 and above. The cost is \$20 for Youth Club members and \$25 for non-members. Learn to flip, twist and roll. All skill levels are welcome. For information on these programs, call 448-2287.

Texas Hold'em & Bunko Tournaments

The Hickam Enlisted Club hosts Texas Hold'em and Bunko tournaments for Club Members on Friday, July 31. Check-in time for Texas Hold'em is at 5:45 p.m. and Bunko check-in is at 6 p.m. Games start at 6:15 p.m. Enjoy free pupus and win prizes. For more information, call 448-2271.

"Book to the Future" Program concludes with awards and Starlab Stories Under the Stars

The Hickam Library's "Get Astronomized" Summer Reading concludes with an awards party to be held on Saturday, August 1 at the Library from 9 to 10 a.m. Awards will be presented and refreshments served. Summer Reading Program participants and their families have priority to sign-up for the Starlab Stories Under the Stars held on August 1. The event is sponsored by the Friends of the Library. A stipend by Visions of the Universe is also available. Call the library at 449-8299, for free tickets.

Cork Sniffers Wine Club at the E'Club

The Cork Sniffers Wine Club gathers on the first Monday of the month from 6 to 7 p.m. in the Oahu Room at the Enlisted Club. The August 3 event will feature "Exploration of Pinot Noirs" brought to you by Jay Oliveira of Johnson. The club meets monthly. Chef Knapp of

See SERVICES, B5



Bowl Away Hunger

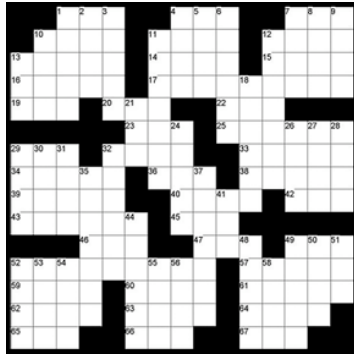
at Hickam Bowling Center



Participate with Hawaii's Food Bank programs when you bowl from July through August. Fill out a punch card everytime you either donate a canned good, purchase a medium soft drink or bowl. Enter to win weekly and monthly prizes. For details, call 448-9959.

HICKAM AFB
SERVICES
Commod. Support & Community Services



Crossword Puzzle: The Sunflower State Base

By Capt. Tony Wickman
USAF Public Affairs

ACROSS

1. Gypsy man or boy
4. USN equivalent to NCOIC
7. Obese
10. Ninth letter of the Greek alphabet
11. Swerve
12. Company of three singers or players
13. One of namesakes of the Sunflower State base
14. Sicilian erupter
15. Cincinnati team
16. Animal
17. Ends
19. Prohibit
20. Burn residue
22. ___ Vegas
23. Dog or cat
25. Snare
29. 21st letter of the Greek alphabet
32. Tempt
33. Halt
34. Weight measure
36. Affirmative
38. Rims
39. To impede or prohibit by law
40. Close
42. Made a lap
43. One of the namesakes of the Sunflower State base
45. I am ___; 2001 Penn movie
46. A-Team member
47. CENTCOM term for person not from host nation helping US forces
49. The Greatest
52. Jet stationed one time at the Sunflower State base
57. Frequently
59. Zodiac sign
60. 1994 Foster movie
61. Missile assigned one time to the Sunflower State base
62. In the middle
63. Fashion magazine
64. Okla. town home to Vance AFB
65. Actor/director Gibson
66. Logistics combat support org. at Fort Belvoir, Va.
67. Former USAF MAJCOM for the Sunflower State base

DOWN

1. European mountain ash
2. ANGB in the Bay State
3. Ray type
4. Singer/actor Jared
5. NE state
6. Seer
7. Wilma's man
8. General's assistant
9. Throw
10. Thought
11. Col. James C. ___; 22nd ARW commander
12. Relied on; hoped
13. Recede
18. Plane assigned to the Sunflower State base
21. Health resort
24. Young adults
26. ___ to riches; poetic storyline
27. On the ocean
28. Bother
29. Person who writes with thought and imagination
30. To make silent; silence
31. ___ the Blue
32. Leave
35. Part of AMC
37. Washington city
41. USAF MAJCOM the Sunflower State base
44. Hurling rocks at
48. Record or outline of a speech, statement, testimony, etc.
49. Room above the garage
50. Pb on the Periodic Table
51. Hotel
52. Shut with force and noise
53. Newsweek competitor
54. Disturb or disquiet; irritate; vex
55. Become firm or gelatinous; congeal
56. Singer Fitzgerald
58. International governing body of swimming, diving, etc.

See SOLUTIONS, B5

SUDOKU: FOR SOLUTIONS, SEE SUDOKU, B5

	1	9	5		7			
					2	1		8
	8							3
9					3			
8		7				4		6
			8					7
2							6	
5		3	1					
			9		4	3	7	

Team Hickam History

The Air Force's most historic airfield

July 24, 1969 — The first manned lunar landing crew returns to Pacific splashdown and Hickam homecoming. Apollo XI ended its historic first manned flight to the Moon and lunar landing by splashing down some 812 nautical miles southwest of Hawaii. The crew first stepped back upon terra firma at Hickam AFB, HI.

July 24, 1950 — The Transient Mess Hall in Block 57 is reopened, and the In-flight Mess operated in two shifts, to handle the large influx of personnel transiting Hickam AFB because of the conflict in Korea.

July 26, 1935 — Captain Howard B. Nurse, constructing quartermaster,

arrives in Hawaii to plan, design and supervise the construction of Hickam Field. Capt. Nurse was responsible for the unusual Moorish design of Hickam's Water Tower, as well as incorporating the "garden city" concept to making Hickam a beautiful — as well as an efficient — place to live and work.

July 26, 1950 — Hickam's 1500th Air Transport Group begins flying C-97 type aircraft on the Hickam-Wake-Tokyo run. This route cut considerable time from the Johnston-Kwajalein route, with C-97 aircraft carrying passengers, mail, and cargo outbound, and performing air evacuation flights on



See TEAM HICKAM, B4

RELIGIOUS OPPORTUNITIES

For more information on Base Chapel services, call the Chapel Center at 449-1754. After hours emergency Duty Chaplain via Command Post: 448-6900.

CATHOLIC Nelles Chapel Weekday Mass Mon.-Thu., 11:30 a.m. Saturday Confessions 4:15 p.m. Saturday Vigil Mass 5 p.m. Chapel Center Sunday Mass 10:30 a.m.	PROTESTANT Chapel Center Sunday Contemporary Service 8:30 a.m. Nelles Chapel Traditional/Liturgical Service 8:30 a.m. Gospel Service 10:30 a.m.	OTHER RELIGIOUS OPPORTUNITIES Buddhist, call 536-7044 Jewish, call 473-3970 Mormon, call 488-2434 Muslim, call 947-0050 RELIGIOUS EDUCATION (Catholic) Chapel Center Sunday (Sep-May) 9:00 a.m.	(Protestant) Chapel Center Sunday (Sep-May) AWANA 3:00 p.m. Wednesday Sunday School Dinner 4:45 p.m. Wednesday Sunday School Classes 6:00 p.m. THE GATHERING PLACE Airmen's Dorm Coffeehouse	King Hall First Floor Dayroom – Bldg. 1836. All Airmen welcome! Mon.-Thu. 6-10 p.m. Fri.-Sat. 6-11 p.m. Free gourmet espresso, cappuccinos, Italian sodas, Video games, internet, movies and more Dinners every Tuesday at 6 p.m. To Volunteer, call the Hickam Chapel Center at 449-1754
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TEAM, From B3

Team Hickam History

The Air Force's most historic airfield

the return trips. C-97 aircraft carried greater payloads, and their use did much to speed up service between the U.S. mainland and East Asia.

July 26, 2003 — Hickam AFB Services holds a grand opening for the newly built, \$9.5-million Tradewinds Enlisted Club. Located across base from the old enlisted club (which was in the original enlisted residential area), the new state-of-the-art Air Force club featured the popu-

lar J.R. Rockers Sports Bar and contained 55,000 sq. ft. of covered areas and gardens. The club also included J.R. Rockers' Video Arcade Game parlor, complete with the latest in action video games.

July 27, 1943 — On July 27, 1943, Col. Joseph Duckworth, commander of the Army Air Forces Instrument Flying School in Bryan, Texas, flies an AT-6 Texan (a single-engine two-seat trainer) into a hurricane that was moving ashore near

Galveston. This was the first intentional flight into the eye of a hurricane, thus proving it could be done. The following year, larger military airplanes began flying into hurricanes and Pacific typhoons to collect data for forecasters. Eight years later, Colonel Duckworth arrived at Hickam to take on the duties as 1500th Air Transport Wing Commander and Base Commander.

July 27, 1951 — Lt. Gen. Laurence S. Kuter, Commanding General of Military Air Transport




Service (MATS), arrives at Hickam. The stop here was part of a round-the-world inspection of MATS facilities that included Johnston Island AB and Kwajalein Atoll. Gen Kuter would return to Hickam as Commander of the newly created Pacific Air Forces on 1 July 1957.

July 27, 1982 — The Aloha Theater at Hickam AFB discontinues its movie operation due to poor attendance.

July 29, 1975 — The first two military working dogs assigned to Hickam AFB arrive from Kadena AB, Japan, and stay in the State

Quarantine facility pending completion of a mandatory 120-day quarantine period and establishment of a permanent facility on Hickam AFB.

July 29, 1993 — The U.S. Army Central Identification Laboratory (located in the Fort Kamehameha district) hosts a rededication ceremony for the Fort Kamehameha Chapel. Although plans at one time called for demolishing the 50-year-old Chapel, 15th Air Base Wing Commander Colonel William Van Meter agreed with the State Historic Preservation Office to preserve the Chapel. After a \$208,854 renovation (funded by the Army and SHPO), CILHI staff moved into the Chapel to use it as office space.



TRICARE

Top superfoods for all-star heart health

by Shari Lopatin
TriWest Healthcare Alliance

These top five “superfoods” from The American Dietetic Association (ADA) and the “Nutrition Action Health Letter” will not only make you feel good, but will help protect you against heart disease, the top killer of adults in the U.S.

1. Beans. The ADA says beans are truly a superfood because each tiny bean has a powerful combination of protein, fiber, vitamins and minerals. Researchers have also found that diets including beans may reduce the risk of heart disease and certain cancers.
2. Wild salmon. The omega-3 fats in salmon can help reduce the risk of sudden-death heart attacks. Plus, salmon caught in the wild has less PCB contaminants than salmon raised on a farm.
3. Mushrooms. Stocked full of antioxidants that help protect cells from free radicals, which can lead to cancer and sometimes heart disease, mushrooms are a great source of potassium, copper and certain B-vitamins.
4. Garlic and onions. For greatest benefit, use the whole vegetable and stay away from onion and garlic powders. The ADA reports that research shows these two foods may help lower LDL (bad) cholesterol, control blood pressure, prevent life-threatening blood clotting, act as antioxidants to reduce cancer risk, and even promote immunity. You may need to eat one garlic clove daily to make a difference.
5. Blueberries. These fun little berries are bursting with antioxidants, more so than many larger berries. In addition to fighting off heart disease and cancer, blueberries can also fight aging. They're loaded with dietary fiber and vitamins A and C.

For more healthy tips and TRICARE-related information, visit TriWest's Healthy Living Portal at www.triwest.com/beneficiary/healthy_living.

SERVICES, From B2



the E' Club will prepare selected tapas to enhance your tasting experience. The cost is \$15 for Club Members and \$20 for non-members. Reservations are required. Seating is limited. Participants must be 21 and over. For reservations, call the Enlisted Club at 448-2271.

Register now for the Hickam Half Marathon

Register now through August 7 for the Annual Hickam Half Marathon Race at the Fitness & Sports Center. The Hickam Half Marathon will be held on August 15 at Earhart Sports Complex. Check-in is at 5 a.m. and the race begins at 6 a.m. Early registration fee is \$25 with a T-shirt and \$15 without a T-shirt. Entry forms and waivers are available online at www.hickamservices.com (click on Fitness & Sports Center). Call the Fitness & Sports Center at 448-2214 for details.

Information, Tickets & Travel Specials

Hickam Information, Tickets & Travel has an

exclusive offer for \$99 a night at the Ala Moana Hotel for a limited time. The hotel is walking distance to the largest outdoor mall in America. Visit the ITT office and enter to win one of two travel bags donated by the Ala Moana Hotel. For more information, call 448-2295.

Champagne Sunday Brunch

The Hickam Officers' Club famed Champagne Sunday Brunch features an Omelet station, Belgian Waffles, Eggs, Bacon, Sausages, Hash Browns, Carved Beef, Honey Ham, Roasted Lamb, Seafood, Salads, Beverages, Desserts and more. The cost is \$18.95 for adults, \$5.96 for kids (7-11 years), \$3.75 for kids (4-6 years) and free for 3 years and under. For reservations, call 448-4608.

Missoula Children's Theatre features "The Wizard of Oz"

The open audition for the Missoula Children's Theatre production of The Wizard of Oz will be held on July 20 at 9 a.m. at the base theater. Children entering the 1st grade through 12 grade are invited to audition with rehearsals set for the week of July 20-24. The Wizard of Oz, featuring Hickam youth, will be performed on Saturday, July 25 at 1 p.m. at the Memorial Theatre. Doors open at 12:30 p.m. Call the Makai Recreation Center at 449-3354 for more information.

SOLUTIONS, From B3



SUDOKU, From B3

3	1	9	5	8	7	6	2	4
7	5	6	4	3	2	1	9	8
4	8	2	6	1	9	7	5	3
9	4	1	7	6	3	2	8	5
8	3	7	2	9	5	4	1	6
6	2	5	8	4	1	9	3	7
2	9	4	3	7	8	5	6	1
5	7	3	1	2	6	8	4	9
1	6	8	9	5	4	3	7	2